

WEEK NO. 1	MONDAY 9/04/06		TUESDAY 9/05/06		WEDNESDAY 9/06/06		THURSDAY 9/07/06		FRIDAY 9/08/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Labor Day Holiday		Reduced Sodium Ham Steak with Fruit Sauce	101 13	Chicken Breast with Gravy	168 21	LS Frankfurter with 2 oz. Texas Sauce (C)	247 59	Beef Stroganoff (6 oz.) over ½ cup Noodles	253 106
VEGETABLES AND FRUITS			Escalloped Potatoes (C)	140	Ranch Mashed Potatoes (C)	60	Seasoned Potato Wedges (C)	120	Stewed Tomatoes (C)	35
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly			Broccoli (A & C)	26	Green Beans with Red Pepper	19	Corn-on-the- Cob (C)	66	Seasoned Spinach (A & C)	27
BUTTER OR fort. MARGARINE 1 tsp			Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE			Deli Rye Bread	90	Fancy Soft Dinner Roll	120	Hamburger Roll	125	Wheat Bread	80
MILK ½ Pint			1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup			Yellow Cake with Icing	202 69	Apricots (A & C)	88	Fresh Watermelon (C)	24	Fruited Gelatin with Whipped Topping	69 13
SALAD					Chef Salad with Dressing	9 71				
<i>CALORIE COUNT</i>				788		703		788		730
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup			Angel Food Cake	100	Apricots (A & C)	88	Fresh Watermelon (C)	24	Diet Fruited Gelatin	58
<i>CALORIE COUNT</i>										
			1%	617	1%	703	1%	788	1%	719

- Add 20 Calories to the Calorie Count if 2% Milk is served at your center.

Revised 9/01

PROJECT MENU - STAY-FIT DINING PROGRAM

County: ERIE

Type of Menu: **STANDARD**

Project Director: Susan Radke

Approved by: Dietary Staff

Site Choice**Cold Plate**

WEEK NO. 2	MONDAY 9/11/06		TUESDAY 9/12/06		WEDNESDAY 9/13/06		THURSDAY 9/14/06		FRIDAY 9/15/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	(2) Manicotti with 2 oz. Tomato Sauce & Parmesan Cheese	270 22 15	Sloppy Joe (C) -OR- Italian Sausage with 2 oz. Peppers & Onions (C)	221 270 38	#20 Scoop each Tuna Salad, Egg Salad & Cottage Cheese on a Bed of Lettuce	73 109 48 2	(2) Chicken Drumsticks	300	Sliced Roast Pork with ¼ cup Escalloped Apples & 1/3 cup Stuffing	165 19 126
VEGETABLES AND FRUITS	Parslied Cauliflower (C)	17	Dutchess Mashed Potatoes (C)	112	Pasta Salad	164	Macaroni & Cheese	269	Seasoned Squash (A)	47
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Italian Green Beans	19	Succotash (C)	84	Molded Gelatin Salad	69	Peas & Carrots (A & C)	38	Creamy Dill Cabbage (C)	35
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Italian Bread	65	Hamburger Roll	125	Split Top Dinner Roll	90	Multigrain Bread	70	No Bread	-----
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Lorna Doones	140	Strawberry Ice Cream	127	Fresh Cantaloupe (A & C)	28	Mandarin Oranges (C)	50	Pistachio Pudding	150
SALAD	Chef Salad with Dressing	9 71								
CALORIE COUNT		775	Sloppy Joe Italian Sausage	816 903		729		874		689
D MEAT OR ALTERNATE I 3 oz. cooked			Sloppy Joe	221	Diet Molded Gelatin	58				
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Lorna Doones	140	Strawberry Ice Cream	127	Fresh Cantaloupe (A & C)	28	Mandarin Oranges (C)	50	Diet Pistachio Pudding	70
CALORIE COUNT			Sloppy Joe	816						
	1%	775	1%		1%	718	1%	874	1%	609

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PROJECT MENU - STAY-FIT DINING PROGRAM

County: ERIE

Type of Menu: **STANDARD**

Project Director: Susan Radke

Approved by: Dietary Staff

Project Council

WEEK NO. 3	MONDAY 9/18/06		TUESDAY 9/19/06		WEDNESDAY 9/20/06		THURSDAY 9/21/06		FRIDAY 9/22/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Cabbage Roll with 2 oz. Savory Sauce	120 44	Turkey Breast with Gravy & Cranberry Sauce	76 21 30	Cheese Omelet with 2 oz. Creole Sauce (1 oz. Ham)	190 51	Breaded Pork Chop with ¼ cup Sauerkraut (C) & Gravy	281 10 31	Meatloaf with Gravy	253 21
VEGETABLES AND FRUITS	Garlic Mashed Potatoes (C)	60	Sweet Potatoes (A & C)	91	Hash Browned Potatoes	99	Mashed Potatoes (C)	60	Broccoli Cheese Rice Casserole (C)	162
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	French Bean Medley (A)	21	Brussels Sprouts (C)	33	Broccoli (A & C)	26	Carrots (A & C)	26	Ratatouille (C)	26
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Marble Rye Bread	80	Breakaway Dinner Roll	100	Blueberry Square	113	Multigrain Dinner Roll	110	Honey Cracked Wheat Bread	90
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Peaches	53	Fresh Apple	80	Tropical Fruit Cup	70	Strawberry Bavarian	102	Cookies	230
SALAD	Cottage Cheese (#12 scoop)	79								930
CALORIE COUNT		604		578		695		767		
D MEAT OR I ALTERNATE 3 oz. cooked										
E VEGETABLES A AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Peaches	53	Fresh Apple	80	Tropical Fruit Cup	70	Diet Strawberry Bavarian	45	Lorna Doones	140
CALORIE COUNT										
	1%	604	1%	578	1%	695	1%	710	1%	840

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PROJECT MENU - STAY-FIT DINING PROGRAM

County: ERIE

Type of Menu: **STANDARD**

Project Director: Susan Radke

Approved by: Dietary Staff

Site Choice

WEEK NO. 4	MONDAY 9/25/06		TUESDAY 9/26/06		WEDNESDAY 9/27/06		THURSDAY 9/28/06		FRIDAY 9/29/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Turkey a la King (6 oz.) over ½ cup Noodles	247 106	Chili con Carne (8 oz.) (C) with 2 pkgs. Unsalted Crackers	299 52	Boneless Chicken Breast with Polynesian Sauce over ¼ cup Rice Pilaf	140 14 51	Knockwurst with ¼ cup Sauerkraut & Mustard -OR- Shredded Beef in Gravy (4 oz.) with Horseradish	262 10 4 237 7	Breaded Fish with Tartar Sauce	179 70
VEGETABLES AND FRUITS	Harvard Beets	29	Carrots with Parsley (A)	26	Wax Beans with Red Pepper	19	German Potato Salad	126	Fresh Augratin Potatoes (A)	184
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Pineapple Juice (C)	60	Fruit Punch	57	Seasoned Spinach (A & C)	27	Corn-on-the-Cob	66	Peas (A)	62
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Biscuit	110	Cornbread	136	Split Top Dinner Roll	90	Mini Hoagy Roll	140	Hamburger Roll	125
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Rainbow Gelatin with Whipped Topping	70 13	Fruit Cocktail	69	Cherry Chip Cake with Icing	202 69	Fresh Orange (C)	62	Fruit Compote (A)	130
SALAD									Coleslaw (C)	77
CALORIE COUNT		782		785		759	Knockwurst Shredded Beef	816 785		974
D MEAT OR ALTERNATE I 3 oz. cooked							Shredded Beef in Gravy with Horseradish	237 7		
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Diet Gelatin	7	Fruit Cocktail	69	Angel Food Cake	100	Fresh Orange (C)	62	Fruit Compote (A)	130
CALORIE COUNT										
	1%	706	1%	785	1%	588	1%	785	1%	974

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WEEK NO. 5	MONDAY 10/02/06		TUESDAY 10/03/06		WEDNESDAY 10/04/06		THURSDAY 10/05/06		FRIDAY 10/06/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Beef Stew (8 oz.)	254	BBQ Pork Ribette	260	Pulled Turkey with Gravy (4 oz.) over 1/3 cup Stuffing	182 126	½ c. Spaghetti & (6) Meatballs with 3 oz. Spaghetti Sauce & Parmesan Cheese	99 284 32 15	Chicken Breast with Herb Gravy	168 21
VEGETABLES AND FRUITS	Parslied Boiled Potatoes (C)	65	Herbed Pasta	205	Diced Cream Potatoes (C)	114	Cauliflower (C)	17	Dutchess Mashed Potatoes (C)	112
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	½ cup Vegetables in Stew (A & C)	-----	Broccoli (A & C)	26	Mixed Vegetables (A)	55	Italian-style Green Beans	18	Bavarian Red Cabbage (C)	38
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Oatbran Square	132	Deli Rye Bread	90	No Bread	-----	Italian Bread	65	Multigrain Bread	70
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Chocolate Pudding with Whipped Topping	150 13	Fresh Banana	109	Pears & Mandarin Oranges (C)	61	Lemon Cake with Icing	150 69	Ambrosia	166
SALAD									Chef Salad with Dressing	9 71
CALORIE COUNT		761		836		685		896		801
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Diet Chocolate Pudding	70	Fresh Banana	109	Pears & Mandarin Oranges (C)	61	Diet Lemon Bavarian	45	Diet Ambrosia	38
CALORIE COUNT										
	1%	668	1%	836	1%	685	1%	722	1%	673

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WEEK NO. 6	MONDAY 10/09/06		TUESDAY 10/10/06		WEDNESDAY 10/11/06		THURSDAY 10/12/06		FRIDAY 10/13/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Columbus Day Holiday		Beef Pepper Steak Casserole (6 oz.) (C) over ½ cup White Rice	251 103	2 Chicken Thighs with Gravy	210 21	Cheeseburger -OR- Chicken Cutlet with Cheese	354 205 106	Breaded Pork Chop with ¼ cup Escalloped Apples	281 19
VEGETABLES AND FRUITS			Yellow Squash (C)	19	Ranch Mashed Potatoes (C)	60	Potato Wedges (C)	120	Mashed Sweet Potatoes (A &C) with Cinnamon & Brown Sugar	116
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	No Meals Served		Carrots (A & C)	26	Seasoned Spinach (A & C)	27	Stewed Tomatoes (C)	35	Seasoned Broccoli (A & C)	27
BUTTER OR fort. MARGARINE 1 tsp			Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE			Breakaway Roll	100	Deli Rye Bread	90	Hamburger Roll	125	Multigrain Dinner Roll	110
MILK ½ Pint			1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup			Lorna Doones	140	Peach Bavarian	110	Tropical Fruit Cup	70	Vanilla Ice Cream	133
SALAD									Chef Salad with Dressing	9 71
CALORIE COUNT				786		665	Cheeseburger Chicken Cutlet	852 808		911
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup			Lorna Doones	140	Diet Peach Bavarian	45	Tropical Fruit Cup	70	Vanilla Ice Cream	133
CALORIE COUNT			1%	786	1%	600	Cheeseburger Chicken Cutlet 1%	852 808	1%	911

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WEEK NO. 7	MONDAY 10/16/06		TUESDAY 10/17/06		WEDNESDAY 10/18/06		THURSDAY 10/19/06		FRIDAY 10/20/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Reduced Sodium Ham Steak with Pineapple Glaze	101 23	(2) Chicken Drumsticks	300	(2) Stuffed Shells with 2 oz. Tomato Sauce	280 22	Sliced Turkey Breast with Gravy (4 oz.) over 1/3 cup Stuffing	76 21 126	Beef Cubes in Gravy over ½ cup Cavatappi Noodles	249 94
VEGETABLES AND FRUITS	Escalloped Potatoes (C)	140	Spanish Rice (C)	86	Cauliflower with Parsley (C)	17	Seasoned Squash (A)	47	Carrots (A)	26
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Peas with Red Pepper (C)	62	Augratin Spinach (A & C)	138	French Green Beans	19	Creamy Cabbage with Dill (C)	35	Blended Juice (C)	60
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Raisin Bread	80	Split Top Dinner Roll	90	Italian Bread	65	No Bread	-----	Blueberry Square	113
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Angel Food Cake with Strawberries (C)	100 50	Butterscotch Pudding with Whipped Topping	130 13	Fruit Cocktail	69	Cookies	230	Fresh Apple	80
SALAD					Chef Salad with Dressing	9 71				
CALORIE COUNT		703		904		699		682		770
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Angel Food Cake with Diet Strawberries (C)	100 19	Diet Butterscotch Pudding	70	Fruit Cocktail	69	Lorna Doones	140	Fresh Apple	80
CALORIE COUNT										
	1%	672	1%	831	1%	699	1%	592	1%	770

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Site Choice

WEEK NO. 8	MONDAY 10/23/06		TUESDAY 10/24/06		WEDNESDAY 10/25/06		THURSDAY 10/26/06		FRIDAY 10/27/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Veal Parmesan with Tomato Sauce (C) over ¼ cup Spaghetti	330 22 49	Shredded Pork in Gravy (4 oz.) on a Hoagy Roll	243 140	Vegetable Quiche with 2 oz. Cheese Sauce —OR— Southern Style Stew (8 oz.)	244 181 254	BBQ Hamburger (1 oz. BBQ Sauce)	248 30	Boneless Chicken Breast with Gravy over 1/3 cup Stuffing	140 21 126
VEGETABLES AND FRUITS	Zucchini Medley (C)	23	Lima Bean Bake	95	Oven-browned Whole Potatoes (C)	105	Macaroni & Cheese	269	Mashed Sweet Potatoes (A & C)	116
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Mixed Vegetables (A)	55	Escalloped Apples with Cinnamon & Raisins	56	½ cup Vegetables in Quiche or Stew (A & C)	-----	Spinach (A & C)	27	Peas with Mushrooms	62
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Italian Bread	65	Mini Hoagy Roll	-----	Honey-bran Square	132	Hamburger Bun	125	No Bread	-----
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Rice Pudding with Cinnamon & Raisins	187	Fresh Orange (C)	62	Fruit Compote (A & C)	130	Peach & Pineapple Cup	64	Chocolate Cake with Icing	198 69
SALAD			Chef Salad with Dressing	9 71						
CALORIE COUNT		878		823	Quiche Stew	939 769		910		756
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.										
S DESSERT ½ cup	Diet Vanilla Pudding with Cinnamon	70	Fresh Orange (C)	62	Fruit Compote (A & C)	130	Peach & Pineapple Cup	64	Diet Chocolate Bavarian	45
CALORIE COUNT					Quiche Stew	939 769				
	1%	761	1%	823	1%		1%	910	1%	658

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WEEK NO. 9	MONDAY 10/30/06		TUESDAY 10/31/06		WEDNESDAY 11/01/06		THURSDAY 11/02/06		FRIDAY 11/03/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Meatloaf with Gravy	253 21	Breaded Pork Chop with Gravy	281 31	6 oz. Philly Cheese Steak with Peppers, Onions & Mozzarella Cheese on a Hoagy Roll	275 40 140	Lasagna with 2 oz. Meatsauce (C)	364 78	(2) Chicken Drumsticks	300
VEGETABLES AND FRUITS	Herbed Pasta	205	Garlic Mashed Potatoes (C)	60	Seasoned Potato Wedges (C)	120	Parslied Cauliflower (C)	17	Dutchess Mashed Potatoes (C)	112
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Broccoli (A & C)	26	French Green Bean Casserole (C)	58	Carrots (A)	26	Peas	62	Brussels Sprouts (C)	33
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Whole Wheat Bread	90	Fancy Soft Dinner Roll	120	Mini Hoagy Roll	-----	Italian Bread	65	Multigrain Dinner Roll	110
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Pears & Mandarin Oranges (C)	61	½ cup Apple Cider with Donut	60 220	Fresh Banana (C)	109	Lemon Bavarian with Vanilla Wafers (Duffy Delight)	152 38	Fruited Gelatin with Whipped Topping	69 13
SALAD			Goblin Salad (A & C)	81						
CALORIE COUNT		803		1057		857		924		784
D MEAT OR ALTERNATE I 3 oz. cooked										
E VEGETABLES AND FRUITS T 2-4 oz.			Diet Goblin Salad (A & C)	37						
S DESSERT ½ cup	Pears & Mandarin Oranges (C)	61	½ cup Apple Cider with Plain Donut	60 180	Fresh Banana (C)	109	Diet Lemon Bavarian with Vanilla Wafers	45 57	Diet Fruited Gelatin	58
CALORIE COUNT										
	1%	803	1%	973	1%	857	1%	676	1%	773

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